



Black Bean & Veggie Burgers



1/6 of recipe (1 patty): 158 calories, 2.5g total fat (1g sat. fat), 475mg sodium, 24g carbs, 6g fiber, 3.5g sugars, 10.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1 cup frozen riced cauliflower
1 cup finely chopped bell pepper
1 cup finely chopped onion
1/2 tsp. salt
One 15-oz. can black beans, drained and rinsed
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/2 cup shredded reduced-fat Mexican-blend cheese
1/2 cup whole-wheat flour
1 tbsp. chopped garlic
1 tsp. onion powder
1/2 tsp. cumin
1/4 tsp. black pepper
1/8 tsp. smoked paprika
Optional toppings: mustard, ketchup, pickle chips
Serving suggestions: whole-grain buns, lettuce wrap, over shredded lettuce

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, bell pepper, onion, and salt. Cook and stir until mostly softened, 5–7 minutes. Transfer to a large bowl.

Place beans and egg whites/substitute in a small blender or food processor. Puree until mostly smooth. Transfer bean mixture to the bowl of cooked veggies. Add remaining ingredients. Mix thoroughly.

Evenly form mixture into 6 patties, about 1/2 inch thick. (HG Tip: Use a [#12 cookie scoop](#) to portion out the mixture!)

Clean skillet, if needed. Respray, and bring to medium heat.

Working in batches, cook patties until firm and lightly browned, 3–4 minutes per side, flipping gently.

MAKES 6 SERVINGS

Freeze & Thaw Tips! To freeze, tightly wrap each fully cooled patty in foil or plastic wrap. Then place in a sealable container or bag, seal, and freeze. To thaw, unwrap a patty, and place on a microwave-safe plate. Microwave on high for 1 minute, or until it reaches your desired temperature. Alternatively, thaw overnight in the refrigerator, and heat in a skillet or microwave until it reaches your desired temperature.

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Publish Date: September 8, 2023 Author: Hungry Girl Copyright © 2025 Hungry Girl. All Rights Reserved.